



OCEAN MANTRA · EAST SUMBAWA ·
INDONESIA

Before you arrive

A few gentle notes to help you travel light.

GETTING HERE

Bali (DPS) → Bima (BMU) → Ocean Mantra Village

or Lombok (LOP) → Bima (BMU) → Ocean Mantra Village

1 · Fly to Bima

Direct flights reach Bima (BMU) from Bali or Lombok — about an hour in the air.

2 · Meet your driver

At arrivals, our driver will be waiting with an Ocean Mantra sign and your name on it.

3 · The drive

About 2.5 hours through Sumbawa's hills and coastline.

Please note

The last 20 minutes of the drive are an unpaved, bumpy road — please be ready for it. This is what keeps Ocean Mantra so beautifully remote.

Arriving on a Friday?

Around midday, villages along the way pause for Friday prayers and one stretch of road closes for a while. The wait is usually 30–40 minutes — a gentle part of local village life, and it passes.

THE WAY OF THE VILLAGE

A few shared rhythms that keep the retreat quiet, kind and whole.

- **Alcohol-free.** None is served — and we kindly ask that none arrives with you.
- **Guests 16 and above.** The retreat is designed for adult stillness.
- **Wi-Fi in the restaurant only.** No Wi-Fi or mobile signal in the lodges or on the grounds — part of being truly remote. Good Wi-Fi awaits at the restaurant.
- **Quiet by design.** No music, no loud parties — the ocean does the talking.
- **Vegetarian & seafood table.** Fresh plant-based cuisine and local seafood, three times a day; tea, coffee, cacao, mint tea and fruit all day long.
- **Smoke-free.** But if you really need it, a small designated area is set aside.
- **Dress with the island.** Swimwear stays at the beach and pool; elsewhere, please keep lightly covered in respect of local tradition.
- **The reef is alive.** Please don't stand on the coral, and leave spearfishing behind.

WHAT TO PACK

The tropics ask for little.

Sunscreen

Mosquito repellent

Your personal first-aid kit

Light clothes & activewear

A shawl for the evenings

Your own toiletries

Please note

We are a low-impact retreat, so we don't provide single-use amenities. Eco soap, shampoo and body wash await in your lodge — please bring your toothbrush, toothpaste, conditioner, body cream and anything else you rely on.

There are no shops or restaurants near the village, so bring everything you may need.

WE ARE A MESSAGE AWAY

WhatsApp & phone **+62 822 3629 2925**

Emergency: **+62 853 3339 9766** · ocean-mantra.com

See you where the ocean meets the sky.